# DINERS MOB BRITON FOR SLUR TO FLAG

Socialist and Suffragist Plastered With Salad-Former Lands in Court.

NEW YORK, April 7 .- It was not a German, but an Englishman, who mobbed in Rector's restaurant last night for refusing to stand up is developing a garden in his back with everybody else when the orchestra played "The Star-Spangled Banner." Plastered with salad, which had been thrown at him, he was rushed out of Rector's, delivered to the police and charged with disorderly conduct Admiral in the night court.

He is Frederick Sumner Boyd, So cialist, who served a year in the New Jersey State prison at Trenton for advocating sabotage in I. W. W. meet-ings in Paterson at the time of the silk workers' strike of 1913. With him in Rector's last night was Miss Jessie Ashley, lawyer and suffragist, who was fined \$50 in this city last year for distributing information regarding birth control. She fought to shield Boyd from assallants in the restaurant, but disappeared before he

the national anthem. Instantly the diners were up and singing. The only persons who did not rise were Boyd and Miss Ashley, who were talking together at a table near the center of the room.

At first no one noticed them except

nd the ladies and gentlemen are not

Rufased to Budge.

Boyd and his companion did not budge. By this time other diners were watching them. For the benefit of the persistent sitters the air was repeated and the American diners-everybody but Boyd and his friend— cheered and waved napkins. Over in a corner stood Charles Kappes, jr., vice gresident of the

Kappes, jr., vice president of the Barnaby Furniture Company of Staten Island. On his waistcoat gleams badge No. 476, proving that he is a deputy sheriff of Richmond county. deputy sheriff of Richmond county. Noting that the diners were losing patience with the obstinate pair and were closing around them. Kappes started running toward Boyd with the started running toward Boyd with the intention of getting him up by persuasion. But before he got there Boyd and Miss Ashley were targets for a shower of salads and other food grabbed up by those around them and brown with more or less careful aim

The air was full of flying salad and presently the still seated man and woman were decorated with greenery and several obvious dashes of mayo naise. The woman herself grabbed a big handful of saiad and flung it re-gardless. It splashed into the face of the German waiter who had been hovering over the table and begging Boyd and his friend to stand up and do their duty by the flag of the U.S. A. The waiter, with yellow sauce streaming down his face and shirt front, groped his way out of Rector's and af last reports had not reappeared.

"To Hell With United States." The deputy sheriff from Richmond grasped Boyd by the shoulder and shouted: "Why don't you stand up? Don't be

a fool. Don't United States?" Don't you know this is the

Boyd replied, according to Kappea.
"To hell with the United States!" and
then lifting his glass added, "Here's to the King!"

In the swirl that followed two tawere upset and Rector's manager, Albert L. Dashburg, lost three buttons from his dress coat while scrambling through the crowd to Boyd's position. He finally grabbed Boyd, yanked him from his seat and dived with him to the Broadway entrance at the head of a flying wedge of assistant managers, waiters, and villagers. The orchestra smoothed down the uproar by playing "The Star-Spangled Bah-ner" once more, and an assistant man-

turned over to the police."

Which was true. Miss Ashley had slid away somehow, but Boyd was marched to the West Forty-seventh street station house and arraigned before Lieutenant Upward, whose parents came from England.

Not Particular About Grounds. "I'm not a bit excited. Please notice that I am very, very cool," said Boyd to newspaper men. To the lieutenant he said: "I stand on my constitutional rights."

'Stand on anything you please,' replied Upward, "but Mr. Dashburg charges you with disorderly copduct, and you'll have to go to night court." While the prisoner's name and address were being taken the deputy sheriff from Richmond stood biting his lips and elenching and unclenching his fists, but whatever he seemed The Rector's manager said that Boyd had eaten or ordened \$7.75 worth of dinner and refused to pay

the bill. Boyd said he was a newspaper reporter, is thirty two years old, and

came from England six years ago. He is slim and tall and has a small blond mustache.
At Paterson strikers' meeting he ad-

vised the silk workers to rub vinegar scaked cloths over the reeds of the looms and put rhodamine in the dye boxes. With the help of Miss Ashley, who gave \$5,000 bail for him, and other influential socialists, he fought through the courts for two years, but in 1915 he was sentenced to serve from one to seven years in the penitentiary and to pay a fine of \$500.

Renounced Vlews. In prison he renounced his former views on sabotage as "absolutely prejudicial to all social progress." A petition asking the court of pardons to free him was signed by Colonel Roosevelt, Frederic C. Howe, Finley Peter Dunne, Hamilton Holt, the Rev. Dr, Stickney Grant and others.

Since his release he has written on prison reform.

Miss Ashley is a daughter of Ossin Miss Ashley is a daughter of Ossin Ashley, formerly president of the Wabash Railroad, and a sister of Clarence D. Ashley, fromerly dean of the New York University Law School. She studied law at that school, was admitted to the bar in 1903, became a Socialist and was a Socialist candidate for judge of the court of appeals date for judge of the court of appeals in 1912. She was at one time treas-urer of the National Suffrage Associa-tion. She managed her own defense when she was tried in special sessions last year for giving out birth control SCOUTS ARE INDUSTRIOUS

Several Hundred Have Begun Work Toward Feeding Soldiers.

"Every Boy Scout prepare to feed Under this slogan several hundred begun work as gardeners, each one preparing to grow enough produce to feed himself and at least one man of the mobilized army.

"Lettuce half an inch high; onlone three or four inches high, while the radishes and beets are still out of sight, but coming along." This is the report of Scout Thomas H. King, who

Twenty-two other boys in the or ganization have already qualified for the special gardening "G" to be pre-sented at the fall Court of Honor to be held under the direction of Rear Charles Stockton, During the past ten days five more member of the scout organization have passed the special examinations for the Gardening Merit Badge under Examiner Ralph H. Campbell, scout delegate to the Central Garden Committee

## SENATE INDORSES GARDEN CAMPAIGN

The main dining room of the restaurant was crowded and the cabaret was going at 8 o'clock when the orchestra swerved from dance music to the restread. Nation in War Period.

The home and vacant lot garder novement was discussed in the Senate yesterday after a resolution was offered by Senator Reed of Missouri lots and unused lands adjacent to towns, in view of the high price of foods and any food emergency that may result from the war.

The resolution, as amended by Sena-

tor Borah and agreed to, reads: "Resolved, That the Secretary griculture is hereby requested immediately submit to the Senate a comprehensive plan for increasing the production of food supplies, especially by the cultivation of town lots and unused land adjacent to towns, and of the arid or semi-arid lands, and by promoting the raising of all classes food or food-producing animals, and for the creation of an organiza-tion to promote and in a practical and effective way carry out the purposes

aforesaid, together with his estimate of the amount of moneys necessary to be appropriated by Congress for to be appropriated by cong. the promotion of the purposes afore Speaking on the resolution, Senator Reed said:

"I can remember only a few years ago when almost every man living in a small country town cultivated a town lot, grew a portion of the vege tables for his family, and raised pigs and chickens; but afterward we pro-

gressed so far as to regard the rais-ing on a town lot of anything to eat as quite beneath the dignity of the

"I have not the slightest doubt but that if the Secretary of Agriculture can devise a plan that will result in all the governors of States taking all the governors of States taking hold of this proposition, and if the movement is carried on by the mayors of all our cities and by them be extended so that the people will actually take hold, there can be raised in the aggregate, upon the vacant lot sof towns and upon the farm lands which are unused, enough food supplies to very materially af-fect not only the price of food, but the convenience and the happiness of

the people.
"We know that in Germany, after the government has done all that it can do, the food supplies are never-theless so short that the people are actually starving. We know that in England by a recent order the food supply has been limited. We know that this war we are entering upon may call from industrial and produc-tive pursuits millions of men. We should begin to understand how grim the task is that we are entering

"We may as well understand that the burdens of taxation mers:
"It is over. The disturber has been increased over the police."
"It is over. The disturber has been stances almost crushing; the man give her more satisfaction than she who supports the family must in would get out of trying to raise a dozen lar appeal also may be made. many cases be sent to the training camp, and from the training camp to the war trench, and that those who

sent one.
"We have a war on our hands, or it has been declared on our part to be a war; and it may be a war to the knife, and the knife to the hilt; the knife, and the knife to the hilt; and you had as well prepare for it. Hundreds of thousands of acres of unused lands all over the country are not being cultivated. That is the fortification that in the long run will save this country in case for war. It will sustain the army; it of war. It will sustain the army; it peas, potatoes, spinach, radishes, lettice, and so forth. Other plants may be used between rows beans may often be used between rows beans may often be used between rows of these other crops. Larger gardeners can add cabbage, egg plant, summer squash, pepper, spinach, and corn. "The crops to be planted at once are hardy plants, such as beets, carrots, the will sustain those who are not entitled to the country of these other crops. Larger gardeners can add cabbage, egg plant, summer squash, pepper, spinach, and corn.

#### SOLDIERS TO GET BIBLES Missionary

Interdenominational

furnish Bibles to members of the District National Guard. This de-cision was reached yesterday after noon at a meeting of the Union in St. Paul's Church.

St. Paul's Church.

The union went on record as tendering its services to the country in whatever need may arise. Scwing guilds will be organized within a

short time. Mrs. John Newton Cuibertson, who Mrs. John Newton Culbertson, who has been president of the organiza-tion since its foundation, was re-spected. Wrs. Ellis Logan was elected. elected Mrs. Ellis Logan was elected first president; Mrs. Cissel, secretary; Mrs. Washington Topham, treasurer; Mrs. A. A. Birney, second vice presi dent; Mrs. Wilbur F. Crafts, third vice president, and Mrs. Henry An stadt, fourth vice president. F. Crafts, third

### Quick-Acting The speediest remedy for sick headache, biliousness and indi-

gestion is a dose or two of

# PATRIOTIC WOMEN TO TILL GARDENS

of the Boy Scouts of the District have Carl Vrooman Tells How Nation May Benefit by Agricultural Activities in Cities.

By CARL VROOMAN,

Assistant Secretary of Agriculture, Member of the National Emergency Food Garden Commission.

Without going beyond their own fooryards, millions of American women can render real service to the nation. This service is as real as that rendered by the soldier on the field of battle. It is to plant and care for the little plot of land that lies back of the house-to make a home garden.

One million doorward gardens planted in our suburbs and cities this spring would mean a national saving of possibly \$50,000,000, a sum as large as that which President McKinley as that which President McKinley
was given by Congress for the prosecution of the Spanish-American war.
Growing vegetables for home consumption in these gardens would relieve the railroads of the necessity of
carrying millions of pounds of bulky
freight, thus releasing thousands of
cars and engines for hauling men and
munitions.

Our experts have calculated that an average American family uses about twenty bushels of potatoes a year. It does not take but a fraction of an acre to produce this quantity of this important foodstuff, since a fair yield of this crop is 200 bushels in a season, and it is not uncommon for potatoes to run to 400 or more bushels per

Radishes, lettuce, early beets, beans, peas, tomatoes, spinach and numerous easily cultivated vegetables can be raised in the back yard, provided the soil is fertile and intelligence is employed in the process. There is no reason in the world why 3,000,000 back yard gardens should not be planted this spring, planted as soon as the ground is warm enough, and supply 3,000,000 families with good, cheap, nutritious foods all this summer, war or no war.

The hitherto wasted resource of our once. It is no more work for a wo-man to tend a vegetable garden than it is to tend a flower garden or a house plant. At present it is more patriotic to subordinate flowers to food.

### METHOD OF PREPARING SOIL Expert Gives Advice on Planning Gardens In District.

Sifted coal ashes and decayed vege-able matter are advocated by District Agent Copolly, of the Department of Agriculture, as an excellent method of preparing soil in the vicinity of Washington for cultivation. He says:

"The ashes should be well sifted and dry, and the vegetable matter should be well decayed. Then you will have to sprinkle them on very heavily and in-corporate them with the soil. Heavy clay and sand predominate in Washington, and they will stand from six to ten bushels of ashes to the square rod, if available

"When fertilizer is put on the soil i should be worked in thoroughly, so as to lighten the earth. Don't attempt to scratch the surface three or four inches. Stick your spade down in the ground for over. Otherwise your efforts are mere child's play.

"Select only as much ground as can be conveniently worked. An hour a be conveniently worked. An hour a day spent in the garden will properly care for a plot not more than 40 by 50 feet. An area half this size will usually keep one pretty busy an hour a day. Good Soil Important.

"The most important point is good lly worked, and which is free from tion of the war. weeds and weed seed, is the ideal for growing vegetables.

serious question what crops First, be sure yau have the space and then grow what the family ikes. One lady asked me yesterday what to grow on a space ten feet square. After inquiring what she liked I told would get out of trying to raise a dozen other vegetables.

List for Selection.

A fine list for people of this commun. home and also help sustain the ab- ity to select from would be: Beets, lettuce. Swiss chard, radishes, onlon sets. carrots or tomatoe plants. Where pole beans can be trained to a fence and out of the way they may be used. Snap beans may often be used between rows

gaged in war, those embracing the put in the ground in about three weeks various communities."

"Plant pole beans, sweet corn, tomatoes, and other tall growing crops on the north side of the garden, where they will not shade the lower growing crops. Plant early maturing crops like radishes Union to Provide Scriptures.

The Woman's Interdenominational
Missionary Union of Washington will
furnish Bibles to members of the later to the company of t

# Will Draft Regulations to Conserve

To most quickly and efficiently draft regulations for conserving all heads of all agricultural institutions public and private, in the United

Foodstuff.

### \$100.00 In Gold For the Best Gardens

The Times for the purpose of encouraging the growing of vegetables in back yards and vacant lots offers \$100 in gold for the best gardens in the District, as follows:

For the best garden ... \$50 For the second best ... \$25 For the third best .... \$15 For the fourth best .... \$10

Those who wish to contest for these prizes should write to the Garden Editor, Washington Times, giving name of contestant and location of prospective garden. board of judges will be chosen from well-known agricultural authorities.

# TENLEYTOWN BACKS GARDEN MOVEMENT

Scores of Plots to Be Laid Out as Result of Indorsement by Citizens.

Laying out of scores of home gardens around Tenleytown is expected to follow indorsement of the home garden movement by the Northwest Suburban Citizens' Association at meeting in Tenley School last night A. E. Shoemaker, author of the

resolution, commended the news papers that have taken up the garden movement as a means of com-bating the high cost of living. Prevented by illness from attend-ing, C. C. Lancaster, president of the association, telephoned his approvat of the garden movement as

cated by The Times and urged its indorsement. The association voted to give its moral support and sympathy to the striking carmen of the Tenleytown division of the Washington Railway end Electric Company. A request for better service on the line was discussed but no action was taken

A special committee composed o H. Rice, F. J. Helder, J. T. Allison the Rev. W. W. Shearer and Mr. Lancaster was appointed to draw up the list of street and other improve-ments they desire to have the Com-missioners include in the next estimate to Congress.

Impressed by the civic pride of Mrs. Clara Spicer, who, like Miss Jeannette Rankin, sits alone among the masculine members, A. E. Shoe maker appealed to members to bring into the association more women the community.
"Mrs. Spicer is here rainy nights

and clear nights," said Mr. Shoe maker, "and we ought to have more of the ladies of the community here Mrs. Spicer, pleased by the recog-

pition of her service, promised to do all in her power to get other women into the organization. PLATINUM BADLY NEEDED

American Women May Be Called on to Give Up Jewelry.

Women of the United States may be called upon to give up their platisoll. Deep, mellow soil that can be eas- num jewelry to aid in the prosecu-Platinum is badly needed in Gov-

ernment experimental laboratories and is exceedingly scarce. The supply comes from the Ural mountains or rather did come from the Ural mountains, for it is cut off now. An appeal is to be made to the ewelers of the country to conserve will be her to grow a few pole lima beans and what platinum they have and to turn

BIBLE CLASS ELECTS.

The W. H. Proctor Men's Bible Class has elected the following officers: W. H. Proctor, president; E. L. Parks, teacher; J. A. Kalser, first vice president; C. N. Willard, second vice president; C. C. Gray, secretary; L. S. Tschudy, assistant secretary; W. C. Poteet, corresponding secre-W. C. Poteet, corresponding secretary; W. C. Bishop, treasurer; E. E. Ward, librarian; C. C. Gray, general camp red; J. C. Rau, assistant general camp blue, and J. A. Kaiser, assistant general camp blue, and J. A. Kaiser, assistant general camp blue. The class meets every Sunday at 9:30 o'clock as a part of the Hamline M. £. Sunday School, Ninth and P. M. E. Sunday School, Ninth and P streets northwest.

# SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness.

New Process Removes
Superfluous Hair Roots!

Wemen troubled with unsightly hairy growths will be delighted to hear that they can now actually remove the hair entire-roots and all-easily, quickly, harmlessly; it is done without the use of liquid, powder, paste, or electric needle.

The new phelictine process is not to be compared at all with any other method. Nothing like it ever discovered, it causes the hair with any other method should be a thing hair with a most of hair with a most of hair, taking your wall gard at a time; by mcraining the gray hair disappears, and fiver another its application or two, your hair application or to discovered a tractive.

We men troubled with unsightly hairy growths will be delighted to hear that they can now actually remove the hair entire-roots and all-easily, quickly, harmlessly; it is done without the use of liquid, powder, paste, or electric needle.

The new phelictine process is not to be compared at all with any other method. Nothing like it ever discovered, it causes the limit of the will prevent the soft brush with it and draw this through your hair, taking one small strand at a time; by mcraining the gray hair disappears, and fiver another application or two, your hair application or two, your hair application or two, your hair also stimulates the glaneys to nor-signification or two, your hair also stimulates the glaneys to nor-signification under a money-back quarentee. Wyeth's sage and Sulphur Compound a child could safely eat it. Get a small stick of phelactine today, follow the slimple in structions; you will be wonderfully surprised.

Almost everyone knows that Sage and Sulphur properiy compounded to the hair when faded in the hair when faded in the how of united the blood of the kidneys to of these exist more toxins and impurities the bowels of the streak of potential or of the kidneys to of the site in many instances the bowels at the most of the kidneys to of these insured toxins in the form that the blood of the kidneys to get this first two darkened to the

# IN GARDEN WORK

Tillers of Home Plots Write to The Times to Enter Contest.

Back yard and vacant lot gardeners are still joining the contest being conducted by The Times. Most entrante have their gardens in shape and are working them. The Times will be glad to enter the names of all garden ers, whether they have started work or are only getting ready. But it is time for most spring seeds to be in the soil.

Among some of the letters received from entrants were: Garden Editor, The Tir. es.

I wish to join the garden contest if you will accept a lady gardener. My garden will contain a variety and will be located at the corner of Twentieth and Evart street northeast, Langdon, D. C. MRS. ANNA AMOROSO.

I desire to enter the garden con-test. My garden is located at my resi-1613 Newton street northead Garden Editor, The Times Please enter me for your garden

arden Editor, The Times.

15 Seventh street northeast. Garden Editor, The Times. I have planted vegetables in my back yard and wish to enter your

prize contest ELIZABETH YESHEK. 1106 Seventh street northwest.

### THE FLAG IN PARIS

Stars and Stripes Float Proudly Above Every Building.

PARIS, April 7 .- Paris is all en fete. Under the radiant spring sun the Stars and Stripes are floating proudly from every building. When surrounded by the allied flags, it is given the place of honor. .

place of honor.

The most impressive display is that on the Equitable building, which is a burst of tricolor. The demand for American flags has been so great that cops already have rold out. It can e safely affirmed that the display If bunting outrivals that of the last national fete day. Parisians are familiarizing themselves with the strains of "The Star-Spangled Banwhich until recently was per haps the least known of all the na

Meanwhile the people are wondering what will be the American marching tune to supersede the still popular "Tipperary." Whenever it reaches Paris it is certain to be whistled by

### WILL TRY FOR SENATE

Mondell of Wyoming Will Be Can

didate for Upper Branch. Congressman Frank W. Mondell of Wyoming has announced that he rould be a candidate to succeed Senator Frances E. Warren, who has de cided not to be a candidate for reelection. Senator Warren's term will expire in March, 1919. Mr. Mondell is serving his eleventh

term in the House, and is the sole representative of Wyoming in the lower body. He is a regular Republican, and his friends regard him as the logical successor of Senator Warren, who announces that his retirement is ac-tuated by a desire to attend to his business interests. Congressman Mondell is a member

of the House Committee on Appropria tions, and is regarded as one of the leaders of the Republican side. His Republicanism has never been under

CLUB PROGRAM PATRIOTIC Patriotism will be the keynote of an entertainment by the Home Club of the Department of the Interior an entertainment by the Home Club of the Department of the Interior next Tuesday. Phillip M. Riefkin will read Sir Walter Scott's essay. "Patriotism." "The Red, White and "Patriotism." "The Red, White and Blue" will be sung by Miss Virginia Robinson. Mrs. Robert H. Fatt will sing "Columbia." A male quartet will sing "Tramp! Tramp! Tramp!" "The Soldier's Farewell." and "Just Before the Battle, Mother."

"The Marseillaise" will be sung in

chorus. The meeting will close with the Russian national anthem and "America." Those who will give rec-itations and sing include Miss Belva Cuzzort, John R. Grace, F. Lang, Nelson Warner, Misses K. and M. Aylmer, Miss Catherine M. Cook, Isaac C. Foster, T. Fletcher Dennis.

# SALTS IN HOT WATER **CLEARS PIMPLY SKIN**

Says We Must Make Kidneys Clean the Blood and Pimples Disappear.

Pimples, sores and boils usually result from toxins, polsons and impurities which are generated in the bowels and then absorbed into the blood through the very ducts which should absorb only nourishment to sustain the body.

It is the function of the kidneys to Almost everyone knows that Sage filter impurities from the blood and

# MANY JOIN RIVALRY POPULAR MEDICINE BY DR. HIRSHBERG

ntelligent Observations of Rules of Hygiene Will Decrease Illness.

By Dr. L. K. HIRSHBERG. Among the many causes of so-called colds prevalent at this time of the year are: faulty food and drink, bundling up the throat too much-thus making the skin supersensitive -poor ventilation and indoor life. Recent researches seem to indicate that a germ which cannot abide sunlight and oxygen inserts itself into the nostrils and eyelids of indoor workers and those who refuse to stay in the cold, fresh air and causes running noses, watery eyes and the other unpleasant disturbances, comnonly called "the symptoms of colds."
In the development of so-called In the development of so-called 'colds" different persons may be af-

feeted with varied unpleasantnesses At the beginning the chest may feel "stopped up" and there may be severe coughing with but scant expectoration, as the secretion is not large. However, after some few hours, or perhaps even a few days, the secretion increases and is expectorated easily. Then the cough is said to be

'loose."
Others may have severe shivering or chills, alternated perhaps by a slight fever. Headaches, loss of ap-petite, lassitude and a rattling sound in the chest are not uncommon.

#### Fresh Air Necessary.

In an endeavor to do away with these annoyances that help to impair health, one method that has much to its credit is the inhalation of steam vapors. All possible means to keep the skin active should be employed. Turkish baths, vapor baths, electric light baths, warm blankets, wet sheet packs, and vigorous massage are all

good for this purpose.

The diet is also something of importance to be considered. It should be restricted to plain, unstimulating rations such as fruits and grains, and even these should be indulged in in but small quantities. Warm, mucil-aginous drinks such as honey, emulsions of cod liver oil, and olive oil ay be taken freely.

If the case is so severe that the pa-

tient must remain indoors, plenty of fresh air should be admitted by means of proper ventilation without causing urafts" and exercise should be indulged in.

Those who are subject to bronchial disturbances very often are victims of constipation and languor. Very often an effective and rapid cure of this disorder is brought about by con-quering constipation. This is done by open-air exercise, a diet of green veg-heavy feeling in the stomach, naucea

## Gas, Heartburn, Indigestion or a Sick Stomach

often mistake bronchitis for consur

tion. A thorough examination, to-gether with investigations of the skin, sputum, and various other tests,

will show at once whether or not tu-berculosis is present. While the dis-ease itself is seldom the cause of death, it may lead to muladies that

In the advanced stage the diet is as

in the advanced stage the diet is as important as in the slight cases. Eggs, milk, and starchy foods are al-lowed. To avoid the formation of gas in the stomach and bowels taboo meats, cane sugar, candies, tea, coffee,

Nothing but cotton or silk fabrics should be next to the skin, but the patient should be sufficiently clad to

keep the skin active. This does not

Hot air baths and methods that ac-tivate the skin should be employed as

in less severe cases.
"Vacuum breathing," an important

improvement, is employed with great benefit. An apparatus so constructed

as to create a partial vacuum in a mask which fits the face snugly is used. The patient inhales rarefled

used. The patient inhales rarefied air and breathes into a partial vac-

uum, thus emptying the lungs of im-

num, thus emptying the lungs of impure, stagnant air which otherwise would be unable to escape easily from the lungs. This method of breathing improves the action of the heart and assists the blood to circu-

Finally, restrict as much as possible the desire to cough. Forcible efforts only increase the irritation and

(Copy't 1917, by Newspaper Feature Service).

late through the lungs.

make the trouble worse.

benefit. An apparatus so constr

and alcohiic beverages.

mean, however, to bund swathe yourself in clothes.

"Pape's Diapepsin" relieves stomach distress in five minutes.

Time it! Pape's Dispepsin will weeten a sour, gamy of-order stomach within five minutes If your meals don't fit comfortably. or what you eat lies like a lump of lead in your stomach, or if you have heart-burn, that is usually a sign of acidity of the stomach.

Get from your pharmacist a fiftyent case of Pape's Dispepsin and take a dose just as soon as you can. There

quering constipation. This is done by open-air exercise, a diet of green vegetables, fresh fruits, uncooked bran, plenty of water, carrot juice, prune juice, and stewed fruits.

However, if the malady remains for some time, the bronchial tubes become obstructed and greatly dilated. This condition is what is known as "emphysema." Difficult breathing and an enlarged chest accompany this.

In the chronic stage of the disease there is a constant cough, shortness of breath, a great deal of expectoration, together with all the disturbances experienced in scute bronchitis.

Unskilled and non-medical persons

**AMUSEMENTS** 

**AMUSEMENTS** 

## PERTINENT PARAGRAPH 6 "You'll Do Yourself an Injustice if You Miss It!" That is what the New York Tribune said in its glow eulogy of Hlaw & Erlanger's Joyous musical comedy su coss, "MISS SPEINGTIME," music by Emmerich Kalman, book by Guy Belton, staged by Julian Mitchell, scened. by Joseph Urban. It fassinates, thrills, entrances, and reflects all the Joys of life's best season. With its sprightly wand of melody and laughter it brings, like its delightful namesake, golden sunshine and soft, caressing sonly." The great production comes to the National for just one week direct and intact from its record-breaking run of 252 consecutive performances at the New Amsterdam Theatre, New York-same scenery, costumes, properties, effects, &c. to the most minute detali—augmented orchestra—and metropoli-tan cast absolutely complete, with Geo. Mac-Farlane, Bles Alder, John E. Hazzard, Georgia O'Ramey, Josie Intropodi, Chas. Meakins, Jed Prouty, Ada May Weeks, Fred Nice, Wayne Nunn, Nick Bursham, Maurice Cass, Percy Woodley and 80 other comedians, singers and dancers of note. TIME BEG 9 Seats for "MISS SPRINGTIME" Now Selling

11 221

19

B. F. KEITH'S ATWO Mats., 25c; Eves., 25c to \$1. "SPLENDID"—Herald "The Forest Fire" "The Futuristic Review Singers."

**DOOLEY & SALES** 

14 / 1 /

Tonight at 8:15
Matlane Tomorrow 2:15
THE POPULAR POLI PLAYERS
In the Sensational Musical Comedy. "ALMA WHERE LIVE" NEXT WEEK-"Mrs. Wiggs of the Cabbage Patch

BELASCO TO SIGHT, 8:20 MATINEE TODAY, 25c to \$1.50. The Season's Greatest Hit!

"VERY GOOD EDDIE" With Its Wonderful Cast and Music SEATS NOW EXT WEEK. The Season's Musical Triumph.

### "FLORA BELLA" Remarkable Cast. Fascinating Chorus With a Long Record Run at the Casino Thoater, New York.

LOEW'S COLUMBIA Continuous. Morn., Aft., 10, 15 Cents. 10:30 A. M. to 11 P. M. Nights. 19, 15, 25 Cent

GEO. M. COHAN in "BROADWAY JONES" Grand Pipe Organ. Symphony Orchestra. AELA BILETZON

DAVE MARION (HIMSELF) And His Own Show THE WORLD OF FROLICS. Next Week—Step Lively Girls.

NATIONAL TONIGHT AT 8:20. The Funniest Play in the World. TWIN-BEDS

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